



# Scituate

## SENIOR CENTER

Commitment ★ Connection ★ Community

BUILDING IS CLOSED DURING COVID-19

# SENIOR HAPPY'NINGS

SEPTEMBER/OCTOBER 2020  
27 BROOK STREET  
SCITUATE, MA 02066  
781-545-8722



## HOURS OF OPERATION:

Monday-Thursday  
8:30 AM-4:30 PM  
Friday  
8:30 AM—3:00 PM

## MISSION OF THE SCITUATE COUNCIL ON AGING

To identify the unique needs and interests of our senior citizens and implement programs that will enhance their quality of life, foster independence and ensure the physical and emotional well-being of a growing older population.

*Patience in adversity gives power to the soul.* St. Faustina

People have commented to me that they are beginning to get used to this lingering limbo – though needless to say, also tired of it – suggesting it has begun to feel normal to stay at home and have less physical and social connection. That would imply a certain patience – or at least acceptance – of something that is outside of our control – a healthy step in and of itself. To be at peace despite being unsatisfied with something displays a grace that can only be helpful as we persevere through this pandemic. Reaching out to others, knowing that everyone is in this together, yet understanding that everyone responds differently with different priorities requires grace. Having grace also requires gratitude, and gratitude contributes to better health and longevity. As has also been said a number of times, this is not a race. With that fact in mind, we are not in a hurry to open our doors for programs and activities that are not in your best interests—or ahead of the state's recommended guidelines. The paradox is that we want to help you stay connected and stimulated and to feel less isolated—even while we are separated. A few suggestions to combat feeling lonely and the depression that often follows, especially if you live alone: Connect with others, especially outside for conversation or activities that you enjoy; stay active; stay in touch with family or friends by phone or online with Facetime or Zoom; and maybe think about adopting a pet if you don't have one, or offer to walk a dog for a friend or the shelter. We will continue to provide some outdoor fitness opportunities, Zoom meetings, and are planning to utilize the Veterans Memorial gymnasium for some appropriately spaced indoor activity as able. We will stay in touch and will be creative in offering some virtual experiences and entertainment! **If you are interested in providing us with some feedback for the upcoming months, please go onto our website to take a short survey regarding your preferences for activity until we can open our new building doors.**



## COA STAFF

**Director** -Linda Hayes

781-545-8871

lhayes@scituatema.gov

**Administrative Assistant**

Jill Johnston

781-545-8874

jjohnston@scituatema.gov

**Transportation Coordinator**

Kathy Clarkeson

781-545-8872

kclarkeson@scituatema.gov

**Outreach Coordinator**

Jenny Gerbis

781-545-8873

jgerbis@scituatema.gov

**Activities & Volunteer**

**Coordinator**

Lisa Thornton

781-545-8875

lthornton@scituatema.gov

**Van Drivers**

Mary Brown, Jim Keeley,

Joe Swindler

## COA BOARD

John D. Miller, Chair

Janice Desmond, Vice Chair

Leslie James, Caitlyn Coyle,

Janice Lindblom, Susan Kelly,

Lucille Sorrentino, Maud Meulstee;

Associate members Pat Carleton

and Barbara McFadden

**Selectman Liaison**

Karen Canfield



We have enjoyed an ongoing virtual group meeting on Thursday mornings, which have included appearances from several of our town personnel, including Mark Thompson, Drew Scheele, and Kyle Boyd, for which I thank them. Our participants have had many dynamic conversations about our new normal and events from the headlines. It has been a great way to stay in touch and intellectually engaged. It would be interesting to hear how others are responding to the changes to your lifestyles. In many cases, there are silver linings – what are yours? Please e-mail me at seniorsrock2020@gmail.com , or join us for our discussions and suggest a topic. I miss you all and would love to hear from you. ♥ Linda



# 🌀 News and Special Events—Happy'nings! 🌀

**We have some exciting news!!! A new online registration system!**

You can begin registering online for most classes and activities, (including Zoom classes) using this system. All you need to do is activate your account with a few easy steps! 😊

Registration is now online!

*my*activecenter

There will be two ways to register for Scituate COA programs:

Online using **MyActiveCenter** OR by phone at 781-545-8722

**Please note:** Online registration is only available if you have an **existing key tag** and you have created a **MyActiveCenter account**. Your key tag will look like the **picture shown here**.

You will need to type the numbers including the 'X' on the back of your personal key tag when you activate your account. **If you need a key tag**, call the office 781-545-8722.

If you need help **setting up your account and registering for classes**, call the office for support. There are a few easy steps to follow. Be sure you are using one of the following web browsers: Google Chrome, Mozilla Firefox or Microsoft Edge.



We are excited to offer this system to provide you with an opportunity to register for MOST of our activities and classes when it's convenient for you! Now you can easily register for classes even when the office is closed. If you have any questions or need assistance in activating your account, please email or call the office.

**Payment Procedure:** *If there is a cost associated with your program, we continue to accept cash or checks, which can be mailed to 27 Brook Street or dropped off during office hours or in our mailbox. We are excited to launch a new electronic payment option which will be available on the town website for September.*

We are looking forward to working together with you in providing this new option for program registration. We hope you will let us know what you think!



Stay well, stay safe, stay connected!

## **Introduction to Birding Sept 15, 3-4:30pm**

**\$7 fee**

Birding's popularity has exploded during social distancing and it is no wonder. Birding brings us joy, comfort, opportunities to learn, and provides connections to social and ecological communities. Birds, though many species are transient, are always present no matter the time of year or our location. Join Mass Audubon as we focus on the birds of the season while providing tips on how to get started or take your interest in birding to the next level.

This **Outdoor** program is being offered by MA Audubon. Please register on-line @ MyActiveCenter or call the senior center office. To be held at No River MA Audubon, 2000 Main St, Marshfield.

# 🌀 Services & Support—Grocery, Meals & More 🌀

## THE SCITUATE FOOD PANTRY

Hours: Tues 10am-12:15pm, Thurs 3:30-5:15pm.

### **NEW PROTOCOL—ONLY AVAILABLE FOR DRIVE UP**

**SERVICE— Stay in your vehicle.** You drive up, drop off your shopping list, they shop for you and bring your items to the trunk of your car. The food pantry is NOT taking food donations at this time. The Food Pantry is located in the lower level of the Masonic Temple, 344 Country Way.

*If needed, you can call and request delivery of items. Call and leave a message. If not a previous client, call and leave a message with new request and they will return the call.*

**M, W, F NO ON-SITE LUNCH—ON HOLD** until further notice @ Harbor United Methodist Church, First Parish Rd. Please call South Shore Elder Services at 781-848-3910, x415 if you are in need of a meal. There continues to be NO on-site dining available at this time.

### **THURSDAY LUNCH—ON HOLD**

Congregational Church, 381 Country Way.

**MONTHLY COMMUNITY DINNER, 4th SUNDAY—ON HOLD**

## MEALS ON WHEELS PROGRAM

for home-bound or convalescing seniors Monday-Friday through **South Shore Elder Services**. Call 781-848-3910, x415 to inquire about this service. This also includes seniors staying home because of the Coronavirus. Staff are working remotely, so it may take a day or two for them to return calls. You can call the 24-7 answering service and a nutrition manager will get back to the you.



## FARMERS MARKET COUPONS

If you are over age 60, or disabled and your income falls within the guidelines you are eligible to receive these valuable coupons. Please call 781-545-8873 if you want more information.

**IF YOU DID NOT RECEIVE FARMER'S MARKET COUPONS LAST YEAR, PLEASE CALL JENNY AT 781-545-8873 TO REQUEST COUPONS AND TO DETERMINE IF YOU ARE ELIGIBLE.**

Participants will only need to sign a form stating you meet the requirements. You can use these coupons at many area Farmers Markets. Quantities are limited and are on a first come first serve basis.

## PART D OPEN ENROLLMENT IS OCT 15-DEC 7

This is the time of year when you, as Medicare beneficiaries, should review your Part D prescription plans or your Medicare Advantage plans (HMO's or PPO's) to ensure that they meet your needs for 2021. You need to check that you will have the coverage you need for 2021 **at the lowest available cost.**



## SOUTH SHORE CLUTTER REDUCTION COLLABORATIVE

### **Offering ONLINE Group...**

**Kick-start Decluttering for Wellness and Home Safety Group for Seniors**

**Tuesdays 6:30-8:00PM, 8 weeks**

Seeking some motivation to work on decluttering? This group will provide the structure you need to set goals and make progress with attention to personal wellness and home safety. Members will review parts of the book, *Buried in Treasures*, and will receive supportive coaching to further progress. Group size is limited and weekly meetings be held online beginning **Tues, August 4th 6:30-8PM.**

Participation in this group is open to residents of the eleven communities served by South Shore Elder Services

### **SNAP —You can buy food on-line using SNAP**

1. Add your SNAP EBT card to Amazon and/or Walmart Acct.
2. Shop online for SNAP authorized foods Look for "SNAP EBT eligible" on Amazon
3. Checkout using your EBT PIN: You cannot use cash benefits on an EBT card to pay. SNAP benefits cannot be used to pay for shipping or delivery fees
4. Schedule your delivery. Available with Amazon and some Walmart locations.

**For MORE INFORMATION, go to [www.Mass.gov\SNAPonline](http://www.Mass.gov\SNAPonline)**

### Healthy Incentives Program (HIP) for clients

**Eating fruits and vegetables each day is important for your health. The Healthy Incentives Program (HIP) helps you buy more fruits and vegetables for your household.**

#### **How does HIP work?**

If you are a SNAP household you will be automatically enrolled in HIP. You can use your SNAP benefits to buy fruits and vegetables from a HIP authorized farm or vendor. Look for the HIP logo or ask the vendor if they participate in the program before you pay for your purchase. You will receive \$1 for each dollar you spend on eligible fruits and vegetables, up to a monthly limit. You can earn HIP incentives at participating: Farmers' markets, Farm stands, Mobile markets, Community supported agriculture (CSA) farm share programs.

**Important: You must have a SNAP balance to earn the HIP incentive benefit.**

# Support— Resources, Rides & More

## PARKINSON'S SUPPORT GROUP

Participants have an opportunity to "meet" via Zoom with facilitator Leslie Vickers and attendees of her other support groups on **Fridays** at 1:00 pm. There is assistance for those who need it for connecting via Zoom. Contact Linda Hayes @ 781-545-8722 directly if you would like more information.

## CAREGIVER SUPPORT GROUPS

### COA SUPPORT GROUP MONTHLY (ZOOM)

**Third Wednesday** at 12:00-1:00 pm

This valuable support group opportunity is for all caregivers. The group is led by experienced facilitator and licensed social worker, Suzanne Otte. This is an open group.

If you would like to be added to the list to receive the e-mail or phone call reminder before the meeting, please call Jenny Gerbis @ 781-545-8872. A Zoom invitation can be sent to your e-mail so that you can join the meeting from your home. Newcomers are welcome to begin at any time.

### AREA SUPPORT GROUP MONTHLY| EVENING Caregiver Discussion Groups

**First Wednesday** at 6:00-7:30 pm Cohasset—VIRTUAL

For information, call Bonnie Haley at 617-686-6173

This group is meeting using Zoom—call the above number to request a Zoom invitation or call Lisa Thornton @ 545-8875

## VAN TRANSPORTATION

We trust this message finds you and your families healthy and in good spirits. We encourage everyone to continue to follow the stay at home advisories and maintain social distancing.

Currently, transportation is available for critical medical appointments and prescription deliveries. Transportation to Shaw's on Wednesdays or the Village Market on Thursdays is available if needed. All riders will be asked covid-19 screening questions. Everyone is **required to wear a mask** (or face covering) while on the vans. We are looking forward to resuming full transportation services as soon as it is safe to do so.

We all deeply appreciate our drivers for their dedicated service. We are extremely fortunate for their commitment to provide transportation services during the Covid-19 pandemic

Please call the COA Transportation Office at 781-545-8872 for all transportation needs.

**SPECIAL EVENT TRIPS** On HOLD until further notice

**MONDAY SHOP HOPS** On HOLD until further notice

**To join FOSS— send \$10 membership fee**

"Friends of Scituate Seniors"

P.O. Box 75 N. Scituate, MA 02060



## PROFESSIONAL MEETINGS

*Call the Front Desk or ask for Jill to book an appointment by calling 781-545-8874 for any of these professionals*

### SHINE—BY APPOINTMENT

*Serving the Health Information Needs of Everyone*

Call for a referral to SHINE counselor **Rich Durkin**, volunteer for the Senior Center to discuss issues and concerns regarding your health insurance coverage. He is available for a 45-minute phone consultation.

### LIFE INSURANCE REVIEW & LONG TERM CARE OPTIONS

Are you concerned about your coverage? Is your life insurance policy still in place and is there a cash value? Are your beneficiaries up to date? Do you have adequate coverage?

Consult with **Elaine Buonvicino, Independent Insurance**

**Agent** to review your existing life insurance policies or long term care policy. Complimentary appointments are available. Please call The Center to be referred to Elaine.

### ASK A LAWYER



If you have a legal question, you can schedule a complimentary half hour appointment with one of our attorneys volunteering monthly. **Elder Law Attorneys Michael Loring, Chris Sullivan & Frederick Hayes** rotate monthly. Call for a phone appointment.

### MEET YOUR SENATOR

**Senator Patrick O'Connor**

Take advantage of the opportunity to talk with Sen. O'Connor or his District Coordinator, **Lou Rizzo**. They are open and interested in hearing what their constituents want or want to discuss. Please call to be referred to their office.

### MEET YOUR REPRESENTATIVE

**Representative Patrick Kearney**

He is pleased to continue the tradition of speaking with any interested senior. Call The Center to be referred to Rep. Kearney or call his office directly at 617-722-2014 to discuss concerns.

### FINANCIAL SERVICES

Are you in the right investments for your stage of life? Do you need financial advice on trust, annuities, or financial planning? **Lori Shea**, Edward Jones Financial Advisor is available for a FREE 30 min phone appt. Please call the Senior Center.



### FUEL ASSISTANCE 2020-2021

The State/Federal Fuel Assistance Program, operated and administered by South Shore Community Action. The program is open to the community. The Council on Aging is the agent for the Town of Scituate.

Applicants are required to provide the following information for head of household and family members 18 and over:

ID for head of household

Soc. Sec #'s and DOB for all family members

Last 30 days income for all family members over 8

Copy of heat bill, copy of electric bill, and Town of Scituate tax

bill, mortgage bill or rent receipt if applicable. Homeowners

cover letter if you own your house. Please call Jenny Gerbis with questions & for an appointment at 781-545-8873.

Mon	Tue	Wed	Thu	Fri
<b>SEPTEMBER</b> All Programs are either VIRTUAL—V OUTDOORS—O GYMNASIUM-TBA	<b>1</b> 9:00 1:30 Tai Chi –O	<b>2</b> 8:30 Yoga—V 9:45 Chair Yoga-V 10:00 Yoga-V 6:00 Caregiver-V	<b>3</b> 10:00 Discussion Group-V & Men's Breakfast—V 10:00 Balance For Life-O 1:30 Knitting –V	<b>4</b> 8:30 Yoga—V 9:45 Chair Yoga-V 10:00 Yoga-V <b>12-2PM Nona's Ice Cream Truck—call for schedule!</b> 1:00 Parkinson's Support –V
<b>7</b> Holiday The Senior Center is Closed	<b>8</b> 1:30 Tai Chi –O	<b>9</b> 8:30 Yoga—V 9:45 Chair Yoga-V 10:00 Yoga-V	<b>10</b> 10:00 Discussion Group-V 10:00 Balance For Life-O <b>12:30 Book Club-O</b> 5:30 COA Board Meeting-V	<b>11</b> 8:30 Yoga—V 9:45 Chair Yoga-V 10:00 Yoga-V <b>1:00 Trail Walking-O</b> 1:00 Parkinson's Support-V
<b>14</b> 10:00 Yoga –V 11:00 Balance For Life– O <b>1:00 Memory Training-O</b> 2:00 Zumba Gold-O or TBA	<b>15</b> 9:00 Cardio-O 1:30 Tai Chi –O	<b>16</b> 8:30 Yoga—V 9:45 Chair Yoga-V 10:00 Yoga-V 12:00 Caregiver-V 1:00 History –V	<b>17</b> 10:00 Discussion Group-V 10:00 Balance For Life-O <b>11:30 Expressive Writing-O</b>	<b>18</b> 8:30 Yoga—V 9:45 Chair Yoga-V 10:00 Yoga-V 1:00 Trail Walking-O 1:00 Parkinson's Support-V
<b>21</b> 10:00 Yoga –V 11:00 Balance For Life– O 1:00 Memory Training-O 2:00 Zumba Gold-O or TBA	<b>22</b> 9:00 Cardio-O <b>11:00 Nutrition Talk-V</b> 1:00 Writing Group-O 1:30 Tai Chi –O	<b>23</b> 8:30 Yoga—V 9:45 Chair Yoga-V 10:00 Yoga-V 1:00 History –V	<b>24</b> 10:00 Discussion Group-V 10:00 Balance For Life-O 11:30 Expressive Writing-O	<b>25</b> 8:30 Yoga—V 9:45 Chair Yoga-V 10:00 Yoga-V 1:00 Trail Walking-O 1:00 Parkinson's Support-V <b>11:00 iPad Training-V</b>
<b>28</b> 10:00 Yoga –V 11:00 Balance For Life– O 1:00 Memory Training-O 2:00 Zumba Gold-O or TBA	<b>29</b> 9:00 Cardio-O 1:00 Writing Group-O 1:30 Tai Chi –O	<b>30</b> 8:30 Yoga—V 9:45 Chair Yoga-V 10:00 Yoga-V 1:00 History –V	While we gauge the safest timing and format for re-opening, we have gone <b>VIRTUAL or OUT-DOOR</b> where possible! Some activities are going on and some activities are being added weekly.	

## Nona's Ice Cream Truck is on it's way to see YOU!

**Friday, September 4th, 12-2pm.**

To kick off Labor Day Weekend and say good-bye to summer, the Scituate Council on Aging is sending Nona's Ice Cream Truck around town! Feel like a kid again - ENJOY a small cone or cup.

**You will really feel like a kid again, you only need to bring \$1.00 to enjoy this treat !**

Pick from a variety of flavors of Nona's Homemade Ice Cream!

Chocolate and rainbow sprinkles available.

Come on down at the following times...

12:00 Lincoln Park

12:30 Wheeler Park

1:00 Central Park

1:45 Harbor Community Building @ 44 Jericho Rd

**Sponsored by the Scituate Council On Aging**

## TRAIL WALKING

**Fridays, 1:00pm**

September 11—October 30. Weather Permitting.

Trail Walking is a great way to have fun walking and improve your overall health...body and spirit! The **Trail Walking Group** will be meeting on Fridays @ 1pm at a specific walk location in the local area (Scituate, Norwell, Marshfield, Cohasset). Call the center to find out where the group will be meeting. Drive self. You must sign up for this activity. Limited sign-ups for socially distanced walking. Masks are expected for the activity for the safety of all walkers on the trails, including yourself.

**UKULELE Practice Group—Scituate Strummers gathering on Wednesdays, 3-4 pm at OUTDOOR. Register on-line or call if you're planning to attend !**

Mon	Tue	Wed	Thu	Fri
<b>OCTOBER</b> All Programs are either VIRTUAL—V OUTDOORS—O GYMNASIUM-GYM	We may have added a program after this newsletter went to print so please reach out and ask! Our goal is to remain active in your lives, and to keep you connected and supported during these challenging times.		<b>1</b> 10:00 Discussion Group-V 10:00 Balance For Life-O 11:30 Expressive Writing-O 1:30 Knitting—V	<b>2</b> 8:30 Yoga—V 9:45 Chair Yoga-V 10:00 Yoga-V 1:00 Trail Walking-O 1:00 Parkinson's Support-V
<b>5</b> 10:00 Yoga—V 11:00 Balance For Life—O 1:00 Memory Training-O 2:00 Zumba Gold-O or TBA	<b>6</b> 9:00 Cardio-O 9:00 Men's Breakfast—O 1:00 Writing Group-O 1:30 Tai Chi—O	<b>7</b> 8:30 Yoga—V 9:45 Chair Yoga-V 10:00 Yoga-V 1:00 History—V 6:00 Caregiver-V	<b>8</b> 10:00 Discussion Group-V 10:00 Balance For Life-O 11:30 Expressive Writing-O <b>2:00 Local Author Talk-V</b> 5:30 COA Board Meeting-V	<b>9</b> 8:30 Yoga—V 9:45 Chair Yoga-V 10:00 Yoga-V 1:00 Trail Walking-O 1:00 Parkinson's Support-V
<b>12</b> Holiday The Senior Center is Closed	<b>13</b> 9:00 Cardio-O 1:00 Writing Group-O 1:30 Tai Chi—O	<b>14</b> 8:30 Yoga—V 9:45 Chair Yoga-V 10:00 Yoga-V 1:00 History—V	<b>15</b> 10:00 Discussion Group-V 10:00 Balance For Life-O 11:30 Expressive Writing-O	<b>16</b> 8:30 Yoga—V 9:45 Chair Yoga-V 10:00 Yoga-V 1:00 Trail Walking-O 1:00 Parkinson's Support-V
<b>19</b> 10:00 Yoga—V 11:00 Balance For Life—O 2:00 Zumba Gold-O or TBA	<b>20</b> 9:00 Cardio-O 1:00 Writing Group-O 1:30 Tai Chi—O	<b>21</b> 8:30 Yoga—V 9:45 Chair Yoga-V 10:00 Yoga-V 12:00 Caregiver-V 1:00 History—V	<b>22</b> 10:00 Discussion Group-V 10:00 Balance For Life-O 11:30 Expressive Writing-O	<b>23</b> 8:30 Yoga—V 9:45 Chair Yoga-V 10:00 Yoga-V 1:00 Trail Walking-O 1:00 Parkinson's Support-V
<b>26</b> 10:00 Yoga—V 11:00 Balance For Life—O 2:00 Zumba Gold-O or TBA	<b>27</b> 9:00 Cardio-O 10:00 Nutrition Talk—V 1:00 Writing Group-O 1:30 Tai Chi—O	<b>28</b> 8:30 Yoga—V 9:45 Chair Yoga-V 10:00 Yoga-V 12:00 Caregiver-V	<b>29</b> 10:00 Discussion Group-V 10:00 Balance For Life-O 11:30 Expressive Writing-O	<b>30</b> 8:30 Yoga—V 9:45 Chair Yoga-V 10:00 Yoga-V 1:00 Trail Walking-O 1:00 Parkinson's Support-V

## Balance For Life—OUTDOOR

*Stretch, strength, and balance socially distanced!*

Mondays @ 11am, Thursdays @ 10am. Register on-line or by calling the center at 781-545-8722. Space is limited.



We have been outdoors this summer and we will continue to enjoy activities in outdoor environments for as long as the weather allows. It's easy to be in the fresh air and socially distanced outside!

Why not try one of these outdoor activities:

- Tai Chi for Healthy Aging
- COA "No Rules" Book Club
- Writing Groups
- Intro to Birding

# 🌀 Programs— Fun for Fall 🌀

## FITNESS CLASSES “at HOME”

We will be adding new links and opportunities as able, so please continue to check the website, Facebook page, or call with a question or to be added to a group receiving voice broadcast calls about specific activities.

**Yoga with Anne**—M,W,F @ 10am (ZOOM)

Call or email if you would like an invitation to this LIVE class

**Chair Yoga with Elizabeth**—W,F @ 9:45am (ZOOM)

**Yoga with Elizabeth**—W,F @ 8:30am (ZOOM)

Call or email if you would like an invitation to this LIVE class

**Balance For Life with Sue**—M, F @ 11 am on SCTV

**Lift Your Spirits with Sue**—TU, TH @ 11 am on SCTV

Links to these classes via email. Call or email to receive a link, so you can exercise anytime that's convenient for you!

**Arthritis Exercise with NVNA**—M-F @ 11 am on SCTV

Links to these classes via email. Call to receive a link via email or find links on our Facebook page or town webpage.

**SilverSneakers Workout Classes** —find on Facebook .

Classes are LIVE and RECORDED so you workout anytime it's convenient for you! Available at no cost for adults 65+ on participating Medicare Plans.

**Tai Chi for Healthy Aging**—Wed @ 11am on SCTV

Call or email if you would like to be informed when this class becomes available for you to follow from home.

Call 781-545-8875 or email [lthornton@scituatema.gov](mailto:lthornton@scituatema.gov)

## VIRTUAL PROGRAMS w/ ZOOM

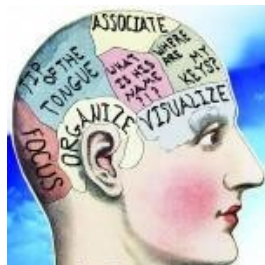
Email or call any of the staff if you would like to receive an invitation to any of these groups. Technical Support is available to those wishing to participate in these opportunities.

## DISCUSSION GROUP THURSDAYS @ 10 am

Coffee, Conversation, Connection. Call if you would like to receive an invitation to join via ZOOM. Suggest a topic!

## MEMORY TRAINING MONDAYS @ 1 pm

On ZOOM! Join us for this 4-week workshop using a



virtual interactive format. We will “meet” on Mondays at 1:00 pm beginning September 14 to October 5. Class will be limited to 9. Register On-line @ My Active Center or call to sign up at 781-545-8872.



## MEN'S BREAKFAST

**Thurs, Sept 3@ 10am**

Join our Thursday Discussion group on Zoom with special guest Mark D'onofrio from the Scituate Chamber of Commerce

**Tues, Oct 6 @ 9am**

**OUTDOORS \$4**

GUEST SPEAKER: Al Emond, Tinkerer

Al will be here with his Kit Car. You might remember he presented last year when he was building his kit car. Well it's almost done, so he'll be driving it into the parking lot, for the SHCB OUTDOOR PARKING LOT. We'll have coffee and donuts for everyone.

**Tues, Nov 3 @ 9am**

GUEST SPEAKER: Joe Kelley of the Veterans Advisory Council & member of the Rotary Club will discuss the school in Afghanistan that he has been instrumental in creating in his son Michael's name and Scituate's new status as a Purple Heart Community.

## FITNESS CLASSES OUTDOORS (INDOORS TBD)

LOCATION: Behind Town Hall on the grass under the tree (Indoors at Recreation/Veterans's Gym)

**Stretch, Strength & Balance**—M @ 11am, TH @ 10am

**Tai Chi for Healthy Aging**—TU @ 1:30pm

**Zumba with Justine**—M @ 2pm

Please call the senior center to find out the location for these activities. 781-545-8722

## READING & WRITING PROGRAMS OUTDOORS

LOCATION: Behind Town Hall on the grass under the tree!

### WRITING GROUP

Robine Andrau

**TUESDAYS, SEPT 22**

**@ 1pm (4 weeks)**

**BRING YOUR STORIES TO LIFE** in an informal workshop-style format. Author and Mariner Columnist, R. Andrau will encourage you to relive and write down meaningful experiences of your past using all the senses. You'll be ready to share.

### EXPRESSIVE WRITING

Liz Ennis

**THURSDAYS, SEPT 17**

**@ 11:30am**

Students keep coming back for another session of this fulfilling expressive writing class. No writing experience necessary. We don't care about grammar! Try this activity to encourage expression! Sharing, storytelling & connection in a casual & welcoming space. Great activity for cultivating mindfulness, gratitude & joy!

### “NO Rules” BOOK CLUB

Facilitator, Nancy Harris, PhD

**THURSDAY, SEPT 10**

**@ 12:30pm**

An opportunity to share your summer reading experiences. You do NOT need to read a specific book to join! This meeting will be an opportunity for group members to share stories on what they have been reading the last few months. Everyone is welcome to exchange and share their own experiences, or just relax and listen. Nancy will discuss the psychological value of reading during a time of crisis.

# 🌀 Programs – Fun for Fall 🌀

## SCITUATE HISTORY with Bob Jackman

**More Interesting Scituate Biographies** – w/Bob Jackman on Wednesdays (6 weeks) from 1-2:30pm. This program will be shown on Scituate Cable Television and YouTube. The YouTube video will open on Wednesday at 1pm with a 48-hour viewing window provided through a link to class members from the Senior Center. **Sessions will be posted September 16, 23, 30, October 7, 14, and 21. Fee \$20 for six sessions.**

This series of biographies will overview lives of six or more Scituate residents ranging from the colonial era up to modern times. Residents highlighted in earlier biography classes will not be repeated. The lives selected for review will be chosen for their human interest but also for the manner in which their lives provide insight into the town in their period. At times the selected protagonists may leave the town or state only to return at another stage of their lives. The intent will be to shed a fresh, dynamic perspective on Scituate history. The course will not examine "legends" whose achievements are unsupported by period documentation. The information will be well documented from reliable sources.

**CABLE TV OR YOUTUBE OPTION:** *The shows can be viewed on Scituate Cable TV channels 8 and 22 OR on YouTube with a link provided by the Scituate Senior Center for the viewer's convenience between 1pm on Wednesday and 1pm on Friday. Call the SC to be on the distribution list to receive the link a day before the broadcast.*

## iPad TRAINING TIPS Sessions with Katy Mayo - Zoom

**Friday Sept 25, 11am and Friday Oct 2, 11am**

**\$8.00 each session. Register in advance by Sept 18.**

### Topics that may be covered include:

- How to find anything on Google
  - Add an attachment to an email
  - What is an app on your iPhone or iPad
  - How to take a picture with your device.
  - Facetime
  - Shopping online
  - Banking/bill pay online
  - Picking strong passwords
  - Social media – explain the different ones (Facebook, Instagram, LinkedIn)
  - Questions submitted in advance of the Zoom meeting
- If you are registered and have paid for the sessions, we will send you a Zoom link to join the tech tip meeting. Learning new technology can be challenging and sometimes it's easy to forget what you learned before you have some time to practice what you learned, so this meeting will be recorded! You will be able to view the tips again and again!
- Register on-line or call the center at 781-545-8722.

## Make your voice count in the 2020 Census

**The last day to participate in the U.S. 2020 Federal Census is now September 30, formerly October 31.**

You can self-respond online ([my2020census.gov](https://my2020census.gov)),

or by phone 844-330-2020.



## LAUNCH II PROGRAM - Mowing and Yard Clean-ups

**Launch II** is a state approved day based work program for young adults with disabilities. Our lawn mowing and spring clean up services are provided by these young adults, while supervised by job coaches. Because we are not professionals, we tend to select smaller projects both mowing and clean ups which are more manageable for our individuals. Costs are extremely reasonable.

Please call Kevin McCord at 781-740-1206 for an estimate.

**MGH Institute of Health Professions' (MGH IHP) Impact Practice Center is offering a weekly Wellness Group on Fridays via Zoom. This group focuses on fitness and other tools to maintain and promote health. It is designed for people who are experiencing difficulty accessing mainstream in-person wellness groups.**

This FREE 5-week wellness group will be offered through Zoom on Friday afternoons between 10/23/20 and 11/20/20 from 2:30 – 3:30pm. The group will be run by nursing, speech therapy and physical therapy students from the MGH Institute of Health Professions and will be supervised by licensed clinicians. The group is open to all (and not just seniors). It is proactively designed for people who have communication problems (e.g., aphasia, hearing impairment) and/or mobility problems (e.g. don't have use of an arm due to a stroke, difficulty walking, balance problems).

Due to the current COVID-19 situation, the IHP moved this program from the Impact Practice Center located on the IHP campus in Charlestown to a remote format and they are currently able to offer this to seniors beyond the Boston area. If you are interested in participating, please call the Senior Center at 781 545 8722 for information and to sign up. Please note: There will be a focus session via Zoom on Friday October 2<sup>nd</sup> to meet the students and to share what you hope to get out of the group. Attendance at all 5 sessions is not mandatory but it is encouraged. Also note that you will be provided with one Zoom link that can be accessed all five weeks.

# Information – Resources & Technology

## Technology Support—Appointment Times

Don't be left behind! If you have questions about technology, you can speak with one of our volunteers over the phone.

Dick Eckhouse is available to answer questions, guide you, make recommendations and help you get and stay connected while you are at home!

**Don't be shy, this is the perfect time to give technology a try!**

Appointment times available:

M, W, F @ 11am, 11:45am, 12:30pm

Appointment times can be booked by calling the office @ 781-545-8875 or 781-545-8874 to speak with Lisa or Jill.

## **Author Talk on Zoom**

**October 8, 2pm**

Author Kirstten Hunt Kowalski will be sharing her first book, *Becoming Home*. Her book is a work of historical/biographical fiction based on her family & home on Mann Lot Road in No. Scituate. Many of the events in the book are based on actual events, though some are entirely made up. The story is based around events that led to changes the house underwent to accommodate the family. The changes to the house -- renovations, expansions, etc. -- are all true.

Call 781-545-8872 to sign up and receive a Zoom invitation

## **Nutrition Talk on Zoom**

**October 27, 10am**

Kathy Jordan, Nutritionist, Big Y Markets  
Healthy Shopping and Eating during the Pandemic  
We will provide this 1 hour workshop using a virtual format.

Call 781-545-8872 to sign up and receive a Zoom invitation

## MASSACHUSETTS

Alerts to your cell phone from State of Massachusetts (AlertsMA)

**Text "888-777"** from your cell phone to get alerts from Massachusetts, such as when Gov. Charlie Baker will deliver an update on MA COVID-19 response efforts.

## TOWN OF SCITUATE

### **COUNCIL ON AGING**

Town of Scituate COA Website <https://www.scituatema.gov/council-on-aging>

Facebook page – Like and Follow! **Scituate Council on Aging**

Emails from the Council on Aging — provide us with your email address so you receive information from us!

### **TOWN OF SCITUATE**

Bi-weekly video updates from Town Administrator/Selectman

### **BOARD OF HEALTH—600 CJC Highway, 781-545-8725**

The Public Health Nurse, Eileen Scotti is available on Wednesday and Thursday mornings. Call 781-545-8706

THE SCITUATE BOARD OF HEALTH STRONGLY RECOMMENDS THAT RESIDENTS FOLLOW THE CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC) AND THE MASSACHUSETTS DEPARTMENT OF PUBLIC HEALTH (DPH) GUIDELINES

### **MASKS**

Town officials urge everyone to wear cloth face coverings or masks outside of homes to help slow the spread of COVID-19.

Mask can be requested at SANDS HELPS website. Or call the senior center if you do not have a computer.

### **SANDS HELPS**

What is SANDS HELPS?

<http://www.sandshelps.org>

*Scituate Community Response and Mutual Aid*

This page was designed to facilitate community response during the COVID-19 health emergency. Scituate residents may request help or sign up to donate and/or volunteer.

SANDS Helps is collaborating with Scituate Community Christmas, Scituate Public Schools, Scituate Food Pantry, Scituate Council on Aging and Scituate FACTS to meet the needs of our residents. Where possible, we encourage "Neighbors Helping Neighbors" as your first option. Additionally, you can call 2-1-1 or visit Mass211.org for greater assistance and resources. As always, for any emergencies please call 9-1-1.

### **TRASH | TRANSFER STATION:**

**Transfer Station Hours for Seniors AGE 60+ with a Scituate Transfer Station Sticker, Mondays, 8-10am**

As the situation continues to develop around Covid-19, the Scituate Transfer Station will be offering Senior Hours.

We ask everyone follow suggested safety guidelines. Please continue to practice social distancing and do not linger at the facility.

## **Flu Vaccines @ Harbor Community Building, 44 Jericho Rd**

**Tues, Sept 15 10am-12pm & 1-2pm**

Call the BOH at 781-545-8725 to schedule an appt.

Transportation available





CATHERINE MCGOWAN SENIOR CENTER  
27 BROOK STREET  
SCITUATE, MA 02066



PRSRT STD  
US POSTAGE PAID  
BROCKTON, MA  
PERMIT NO. 653

The cost of mailing this newsletter is supported by funds we receive from the state  
Executive Office of Elder Affairs (EOEA) through the annual Formula Grant.

The printing of this newsletter by Liturgical Publications Inc. is made possible through the advertising of our local merchants, organizations and individuals. Please support our advertisers! Anyone wishing to advertise, call LPI at: 800-477-4574 x6377

**Council on Aging Board Meetings** are scheduled for the 2nd Thursday of the month at the Senior Center but are virtual at this time. These are public meetings & the calls are recorded to be played on Scituate Cable TV. **Check the town website for meeting postings or changes.**

**Beach and Transfer Station Permits available.** The Senior Center holds two **Beach permits** which may be borrowed by seniors for the day or weekend and two **Transfer Station permits** for single use. Call to sign out.

#### **SPECIAL SHOPPING HOURS FOR SENIORS, AT-RISK PERSONS**

Minimize trips to the grocery store and make healthy choices!

**Special shopping hours** for vulnerable guests and older individuals. Make a point to shop during these hours and stock your basket with healthy choices from all food groups, including whole grains, lean meats, fruits, and vegetables. If fresh is not an option, choose frozen and canned alternatives.

Shaw's Market in Cohasset	6-7 am
Stop & Shop in Cohasset and Pembroke	6-7:30 am
Trader Joes in Hanover	8-9 am
Big Y in Norwell	7-8 am
Roche Bros in Marshfield	7-8 am
Village Market in Scituate	6-7 am

#### **WE ARE ON-LINE TOO!**

You can read this newsletter on-line  
BEFORE it comes in the mail.

Go to: Town website at ***scituatema.gov***;  
**Department-Council on Aging,**  
**Newsletters.**

ALSO, ***www.ourseniorcenter.com***  
**Find: Scituate Council on Aging.**

You can sign up with your e-mail and  
receive notice when it is published  
(well before mailing!).

"Like" us on **Facebook:**

Search **Scituate Council on Aging** AND  
**TownofScituate** Share to your friends!  
Follow us on Twitter: **@ScituateCOA.**

#### **Hope Springs Eternal Events we hope to share in the future!**

Self-Care Retreat Workshop—2020/2021

Art for Your Mind— March or April 2021 @ The New Building!!!